

# November 2021

## Menu

| Mon   | Tue  | Wed   | Thu   | Fri  |
|---|--|---|---|--|
| <b>1</b><br>Finnish Pancakes<br>Sausage<br>Potato<br>WWB<br>Mixed Fruit               | <b>2</b><br>Sweet & Sour<br>Meatballs<br>Rice<br>Pepper & Onions<br>WWB /Peaches | <b>3</b><br>Hot Dog<br>Baked Beans<br>Herbed Corn<br>Roll<br>Pineapple      | <b>4</b><br>Chicken<br>Mashed Potato<br>Mixed Vegetables<br>WWB<br>Brownie                  | <b>5</b><br>American Chop Suey<br>Carrots<br>Green Beans<br>Biscuit<br>Jello w/ Pineapple            |
| <b>8</b><br>Roast Turkey<br>Mashed Potato<br>Peas<br>Corn Bread<br>Pudding            | <b>9</b><br>Orange Chicken<br>Sweet Potato<br>Broccoli<br>WWB<br>Tropical Fruit  | <b>10</b><br>Shepherds Pie<br>Green Beans<br>Wax Beans<br>WWB<br>Cookies    | <b>11</b><br><b>Veterans<br/>Day</b>  | <b>12</b><br>Fish<br>Au Gratin Potato<br>Beets<br>WWB<br>Oranges                                     |
| <b>15</b><br>Tarragon Mushroom<br>Chicken<br>Rice<br>Mixed Vegetables<br>WWB/ Pudding | <b>16</b><br>Creamed Tuna<br>Mashed Potato<br>Peas<br>Biscuit<br>Apricots        | <b>17</b><br>Salisbury Steak<br>Mashed Potato<br>Spinach<br>WWB<br>Cupcake  | <b>18</b><br>Spinach Cheese<br>Quiche<br>Roasted Potato<br>Cauliflower<br>Rye/ Peaches      | <b>19</b><br>Roast Turkey<br>Mashed Potato<br>Carrots<br>WWB<br>Jello w/ Fruit                       |
| <b>22</b><br>Meatloaf<br>Mashed Potatoes<br>Mixed Vegetables<br>WWB<br>Brownies       | <b>23</b><br>Chicken<br>Sweet Potato<br>Broccoli<br>WWB<br>Tropical Fruit        | <b>24</b><br>Mac & Cheese*<br>Stewed Tomatoes<br>Green Beans<br>WWB<br>Cake | <b>25</b><br><b>Thanksgiving</b>  | <b>26</b><br><b>Closed</b>   |
| <b>29</b><br>Fish<br>Roasted Potato<br>Peas<br>WWB<br>Apricots                        | <b>30</b><br>Lasagna &<br>Meat Sauce<br>Green & Wax<br>Beans<br>WWB/Pineapple    |   | <b>*High Sodium<br/>Meal</b><br><b><u>Menu subject to<br/>change without<br/>notice</u></b> | <b><i>Please reserve your<br/>meal by<br/>2:30 pm the<br/>day before by<br/>calling 267-4121</i></b> |

Suggested donation \$2.50 for participants 60 and over. Guests under 60 **must** pay \$3.50. Federal guidelines specify that food should not be taken from the lunch site. The only exceptions are bread, fruit, and milk or non-perishable items.

### The Nutrition and Transportation

ortation programs we are able to offer are funded in part by Greater Springfield Senior Services and our Outreach & Human Services are funded in part by GSSSI, MA Executive Office of Elder Affairs and the Federal Admin. for Community Living.